

COLONOSCOPY PRE-PROCEDURE INSTRUCTIONS (MiraLax)

Date of Procedure: _____

Do not take aspirin or aspirin containing products or anti-inflammatories (Advil, Motrin, Ibuprofen, etc.) 2 weeks prior to surgery unless told to do so by the surgeon. **TYLENOL IS OK TO USE.** Stop date: _____

Do not smoke or chew tobacco after midnight the night before surgery.

Do not schedule any dental work or cleaning within 2 weeks of the procedure. Schedule after _____

Do not consume alcohol for 36 hours before and 24 hours after your surgery or while taking narcotic medications.

Do bring containers for contact lenses, dentures, glasses or other prosthetic devices.

Do not bring valuables with you to the hospital.

Do not wear nail polish, artificial nails, jewelry, piercings, or contact lenses.

Do not apply make up, deodorant, lotion, powder, cologne/fragrance or any other skin products.

Shower with antibacterial soap (such as Dial) the night before AND the morning of your surgery.

Bring your military ID card.

Wear comfortable clothing, appropriate to your scheduled procedure. Uniform of the day is not required.

Have someone drive you to and from the hospital and an adult to stay with you for the first 24 hours after surgery. Do not drive or operate machinery for the first 24 hours after surgery/procedure.

Do pick up the MiraLax and Dulcolax tablets from the NHL Pharmacy.

For all ACTIVE DUTY members, return the "Request for Elective Surgery" chit signed by your command NLT 1600 ON: _____ to the General Surgery Clinic front desk.

You will be called on _____ by 1530 for the time you are to report to the Ambulatory Procedure Unit (APU), located on the second floor, west end of the hospital. If you do not hear from anyone by 1530 the day before surgery, please phone 559-998-4471. **General Surgery clinic phone number: 998-4265**

BOWEL PREP INSTRUCTIONS

Do not drink or eat anything red, orange or purple in color. Start: _____

The day before your procedure _____, drink only clear liquids throughout the day. You may not have any solid or soft foods. Milk or other dairy products are also not allowed. May have light breakfast.

Starting at 8-9 AM, Take two (2) Dulcolax tablets with 8 oz of water. Swallow the tablets whole with a full glass of water.

Beginning at 3 PM, mix bottle of Miralax in 64oz of Gatorade. Shake the solution until the Miralax is dissolved. Drink 4 oz of the solution every 15 minutes until the solution is finished.

Continue to drink the entire solution to be sure of an adequate preparation.

DO NOT DRINK ANYTHING AFTER MIDNIGHT!

Patient Signature _____ Date _____

Pre-op Nurse Signature _____ Date _____